



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday March 22, 2020

Dear Y family,

In the words sung by Stevie Wonder "You are the sunshine of my life, that's why I'll always be around."

The Y is here for you, so rise and shine and get those steps in today. Let's focus on hope, peace, light and the abundance of nature's ever changing landscape during this spring season.

"Keep your face always to the sunshine and shadows will always fall behind you".

Today's exercise focus is on stretching and loosening those joints which helps promote mobility and strength in our everyday lives. Start each morning with these series of basic movements to help you make the most of your day. Enjoy today's video.

Family Matters

Family is made up of all sorts of different relationships and doesn't always mean someone who is a blood relative. Whoever you consider family in your life take a moment to acknowledge those near and dear to you and let them know how important they are to you. Now more than ever we need each other even when physical human contact may not be possible. Stay connected, stay strong! In honor of all those families out there I hope you enjoy today's family Sunday dinner recipe of the day.

Carrie Marquardt
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